

# MIDDLETOWN



# Prime Times

A Monthly Publication of Programming, Events, and News for Middletown Residents 60+

61 Durant Terrace

(860) 638-4540

[www.middletownct.gov/seniors](http://www.middletownct.gov/seniors)

OCTOBER 2015



## Flu Clinic—Friday, October 2nd 10am—1pm



The Middletown Health Department will be sponsoring a flu clinic for Middletown residents 60+ at our center. Please bring your Medicare/Insurance card with you. No appointment necessary. First come—first serve.

## FALL CRAFT FAIR

### Thursday, October 22nd 1pm-3pm

Get a jump start on your holiday gift shopping! Attendance at the Fall Craft fair is open to everyone. Come and browse through handmade one of a kind items, specialty gifts, and a variety of other goods. Space still available for vendors. Vendor applications are available online or at the front desk. \$5 for members (returned the day of the event) and \$15 for any outside vendors (non-refundable).

## LIVE WITH LAURA!

### Talk Show October 27th 2pm

Episode 2 of "Live With Laura" will take place in the dining hall on Tuesday, October 27th at 2pm. This exciting event is a live talk show. Three of our members will be interviewed by Laura. This month's show features...

- ⇒ Frank Bronner
- ⇒ Annabelle Malone
- ⇒ Robert Barbour

Each of us has a story to tell. Stop by and listen to these 3 members as they share their story. Be part of the live audience to share in the fun! You won't want to miss this one!!

### Health Seminar—Breast Cancer Friday, October 30th at 10:30am

October is National Breast Cancer Awareness Month. In honor of that, this month's seminar is about breast cancer. Janet Leonardi, RN will be giving the presentation. This is a free seminar and no pre-registration is required.



### Special Bus Trips First Come—First Serve Sign-ups

**October 11th— "Little Shop of Horrors"** at the Ivoryton Playhouse. Bus leaves at 1pm. \$32

**November 1st—"Mamma Mia"** at the Bushnell. Bus leaves at 12pm. \$30

**December 6th—"A Christmas Carol"** at Hartford Stage. Bus leaves at 1pm. \$20

### Fall Harvest Party Thursday, October 29th at 5:30pm

**\*\*Please Note the New Date\*\***

This fall harvest party will feature a roast beef dinner with potato and vegetable, Halloween themed party games, and live music by Jim Harkins. Since this is the week of Halloween, all are welcome to come in costume and compete for the best costume prize but it is certainly not required. \$8 pre-registration by 10/26.



**Musical Entertainment  
Michael Armentano  
October 6th at 12:30pm**

Michael is an acoustic guitarist/vocalist whose repertoire consists of songs from the 50s, 60s, and 70s. The material is from a variety of artists such as Bobby Darin, Elvis Presley, Dean Martin, Glen Campbell, Hank Williams, Creedence Clearwater Revival, Ricky Nelson, Dion, John Denver, Jim Croce, Joey Dee, Sam Cooke, The Beatles and the Drifters. This event is free and no pre-registration is required.



**Jeff the Plant Guy is Back  
September 30th at 10am**

This fun interactive program will be a sour walk through the history of lemons. \$1 and pre-registration is required by 9/29.

**Early Bird Dinner—October 8th at 3pm**

This month's afternoon dinner is a hamburger, cup of Rhode Island Clam Chowder, and dessert. \$5 and pre-registration is required. The deadline to sign-up is 10/6. This is a sit-down event—no take out.



**Apple Crisp Social  
Thursday, October 15th at 3pm**



Come socialize, have fun and enjoy a delicious apple crisp with vanilla ice cream, music, and a live balloon artist. \$2 and pre-registration is required.



The registration deadline is noon on 10/13. You won't want to miss this social!

**Medicare Open Enrollment  
October 15th—December 7th**



In order to assist you with this open enrollment period and help you get all of your questions answered, we will be hosting the following events:

**Thursday, October 22nd at 6pm  
Medicare Informational Seminar**

Bring your Questions!!!  
FREE—must pre-register by 10/20

**Thursday, November 19th 9am-3pm  
Enrollment Event by Appointment**

Certified CHOICES Counselor will meet with you one on one to help you complete your enrollment and answer any questions you might have

**Appointment is required.**  
Call 860-638-4540 to schedule.

**Thursday, December 3rd 9am-3pm  
Enrollment Event by Appointment**

Certified CHOICES Counselor will meet with you one on one to help you complete your enrollment and answer any questions you might have

**Appointment is required.**  
Call 860-638-4540 to schedule.

**Craft with Heidi  
Friday, October 23rd at 10am**



Make a festive fall decoration to take home! \$5 to participate and pre-registration is required. Space is limited. Registration closes on October 19th.

**Guided Meditation**

**\*\*NEW PROGRAM BY POPULAR DEMAND\*\***

**Fridays at 11am**

Join Elizabeth Lupacchino, CHt, RMP for guided group meditation sessions. As a hypnotherapist, Elizabeth works closely with Middlesex Hospital and sees patients privately and in a group session. No pre-registration is required, but attendance will be taken.



### Senior Services Division Contact Information

<b>Main Number:</b>	(860) 638-4540
<b>Fax Number:</b>	(860) 343-5427
<b>Senior Services E-mail:</b>	Seniors@MiddletownCT.gov
<b>Senior Services Website:</b>	www.middletownct.gov/seniors
<b>Acting Director:</b>	Debbie Stanley (860) 638-4501
<b>Senior Services Manager:</b>	Ann Gregg (860) 638-4548
<b>Senior Services Coordinator:</b>	Heidi Geores (860) 638-4541
<b>Senior Services Specialist:</b>	Laura Runte (860) 638-4542
<b>Municipal Agent / ADA Compliance Officer:</b>	Laura Runte (860) 638-4542
<b>Custodian/Program Aide:</b>	John Marion (860) 638-4540
<b>Night Custodian:</b>	Billy Martinez (860) 638-4540
<b>Bus Driver:</b>	Mike Rogalsky (860) 638-4540
<b>Café Manager/Reserve Lunch:</b>	CW Resources (860) 558-5285 (Brian)

### **Volunteer Club Meeting Monday, October 19th at 10:30am**

Come and find out how you can get involved!

### **Recurring Programs/Services**

(F) = Free (\$) = Cost Associated

- Arthritis Exercise**—Thursdays at 12:30pm (F)
- Billiards**—Anytime (F)
- Bingo**—Wednesdays & Fridays at 1pm (\$)
- Bocce**—Anytime / Lessons Fridays at 9am (F)
- Blood Pressure Clinic**—Tuesdays 12:45-1:45pm (F)
- Book Club**—Last Monday of the month at 2:30pm (\$ for book)
- Cable TV**—Anytime (F)
- Card Games**—Thursdays at 12:30pm & Fridays at 1pm (F)
- Ceramics**—Mondays & Wednesdays at 12:30pm (\$)
- Computers**—Laptops are available for use anytime—Instruction usually provided 3rd Friday of the month 9-11 (F)
- Cribbage**—Fridays at 1pm (F)
- Dancing for Joy**—Mondays at 1:30pm (F)
- Dominoes**—Anytime & Mondays at 12:30pm (F)
- Exercise**—Mondays & Wednesdays 9am & Thursdays 10am (F)
- Foot Care Clinic**—2nd & 4th Wednesday 9am-3pm (\$)
- Gardening**—Thursdays at 9am or Anytime (F)
- Hearing Screening**—3rd Wednesday of the month 12-1 (F)
- Knitting**—Thursdays at 1pm (F)
- Lending Library**—Anytime (F)
- Line Dancing**—Thursdays at 2pm (F)
- Mahjong**—Thursdays 9am-12pm (F)
- Massage Therapy**—1st & 3rd Monday 9am-2:30pm (\$)
- Middletuners Chorus Practice**—Wednesdays at 3pm (F)
- Movies**—Tuesdays at 12:30pm (F)
- Oil Painting**—Tuesdays at 1pm (F)
- Ping Pong**—Check Calendar in this newsletter (F)
- Reflexology**—By appointment (\$)
- Reiki**—First Thursday or the month (\$)
- Sing-Alongs**—Third Tuesday of the month at 12:30 (F)
- Tai Chi**—Mondays at 10:30am (\$)
- Therapeutic Exercise**—Tuesdays at 1:30pm (F)
- Yoga**—Wednesdays at 10am (\$)

### **Community Café Free Lunch Winner**

Congratulations to our September winner, Priscilla Waite. Enter for a chance to win a free lunch, compliments of CW Resources.

### **August's Brain Teaser Winners**

Linda Burgess, Carolyn Campagna, \*Kathy Cassella, Nancy Clayton, Anamarie Cook, Jo DeMaio, Joan Fazzino, Bob Hickcox, Ray Hubbard, Joan Konareski, Stu Larabee, Sue Larabee, Annabelle Malone, Ann Osora, Krishna Ramirez, Carol Russo, Carla Salerno, Chuck Stanley, Coe Tewksbury & Rosemarie Vecchitto

**Congratulations to all of our winners. Please stop by the Center to pick up the October Brain Teaser.**

### **Baking Pumpkin Cupcakes Monday, October 26th at 2:30pm**



Interactive baking class where you take home what you make! \$2 and pre-registration is required. Please plan to stay until 4pm. Sign up early as this fills up quickly!

### **Socialize & Paint Friday, October 9th at 5:30pm**



This month's painting will be pumpkins. Come socialize and have fun with friends! This program has been expanded to ages: 18+ and is being co-hosted with the Recreation Division so you can sign-up online or in person. Register early so you don't miss out!

### **Senior & Community Ctr Guided Tours**

If you haven't been to our center yet and would like a guided tour. We will be offering tours on 10/13 at 10am and 10/23 at 3pm.

### **Transportation (860) 347-3313**

**Dial-a-Ride**— The fare is \$2 one-way. At least 1 day advance notice needed and application on file. **Enhanced Dial-A-Ride**—60+ adults can get free transportation to the Center with reservations at least 1 day in advance.

### **Lunch Served Daily**

Lunch is served daily by CW Resources. Reservations are required at least 24 hours in advance. The reservation line can only be answered from 10-12:30 Monday to Friday (excluding holidays). The suggested donation is \$2 per meal. Please call Brian, our café manager at 860-558-5285 for a reservation.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



# October Happenings

9:00 Exercise  
 9:00-3:00 Massage Therapy  
 10:30 Tai Chi  
**11:00 Music with Krishna**  
 12:00 Lunch  
 12:30 Ceramics  
 1:30-2:45 Dancing for Joy  
**1:30 Pizza & A Movie "The Age of Adeline"**

9-3:30 Foxwoods Bus Trip  
 9:30 Bunco  
 9:30 Zumba (DVD)  
 12:00 Lunch  
 12:30 Movie in Socialization Room  
**12:30 Musical Entertainment Michael Armentano**  
 12:45-1:45 Blood Pressure Clinic  
**1:00 Intermediate Oil Painting**  
**1:30 Therapeutic Fitness \*\*New Time\*\***  
**2:30 Game Shows**

9:00-9:45 Exercise  
**9:30 French Toast Breakfast**  
 10:00 Scrabble  
 10:00 Yoga  
 12:00 Lunch  
 12:30 Ceramics  
 1:00 Bingo  
**1:00-4:00 Ping Pong Available**

9:00-12:00 Reiki  
 9:00-12:00 Mahjong  
 11:00 Yoga (DVD)  
 12:00 Lunch  
 12:30 Arthritis Exercise  
 12:30 Cards (Setback)  
 1:00 Knitting  
 2:00 Line Dancing

9:00 Bocce  
 9:30 Zumba (DVD)  
**10-1 Flu Clinic**  
**11:00 Guided Meditation with Elizabeth** **\*\*New\*\***  
 12:00 Lunch  
 1:00 Bingo  
 1:00 Cribbage  
 1:00-4:00 Ping Pong Available  
**1:00 Card Games in Multi-Purpose Room** **\*\*New\*\***

**CLOSED FOR THE COLUMBUS DAY HOLIDAY**

9:30 Bunco  
 9:30 Zumba (DVD)  
**10:00 Senior & Community Center Guided Tour**  
 12:00 Lunch  
 12:30 Movie in Socialization Room  
**12:30-3 East Side Restaurant Bus Trip**  
 12:45-1:45 Blood Pressure Clinic  
**1:00 Intermediate Oil Painting**  
**1:30 Therapeutic Fitness**

9:00-9:45 Exercise  
**9:30 French Toast Breakfast**  
 10:00 Scrabble  
 10:00 Yoga  
 12:00 Lunch  
 12:30 Ceramics  
 1:00 Bingo  
**1:00-4:00 Ping Pong Available**

9:00-12:00 Mahjong  
 10:00 Exercise  
 11:00 Yoga (DVD)  
 12:00 Lunch  
 12:30 Arthritis Exercise  
 12:30 Cards (Setback)  
 1:00 Knitting  
 2:00 Line Dancing  
**3:00 Earlybird Dinner of Rhode Island Clam Chowder, Hamburger and Dessert**

9:00 Bocce  
 9:30 Zumba (DVD)  
**9:30 November Bus Trip Sign-ups**  
**11:00 Guided Meditation with Elizabeth** **\*\*New\*\***  
 12:00 Lunch  
 1:00 Bingo  
 1:00 Cribbage  
 1:00-4:00 Ping Pong Available  
**1:00 Card Games in Multi-Purpose Room** **\*\*New\*\***  
**5:30 Socialize & Paint Night Event**

9:00-9:45 Exercise  
 9:00-2:30 Foot Care  
 10:00 Scrabble  
 10:00 Yoga  
 12:00 Lunch  
 12:30 Ceramics  
 1:00 Bingo  
**1:30—AARP 3394 Membership Meeting**

9:30 Bunco  
 9:30 Zumba (DVD)  
**10:00 Senior & Community Center Guided Tour**  
 12:00 Lunch  
 12:30 Movie in Socialization Room  
**12:30-3 East Side Restaurant Bus Trip**  
 12:45-1:45 Blood Pressure Clinic  
**1:00 Intermediate Oil Painting**  
**1:30 Therapeutic Fitness**

9:00-12:00 Mahjong  
 10:00 Exercise  
 11:00 Yoga (DVD)  
 12:00 Lunch  
 12:30 Arthritis Exercise  
 12:30 Cards (Setback)  
 1:00 Knitting  
 2:00 Line Dancing  
**3:00 Apple Crisp Social, Music and a Balloon Artist**

9:00 Bocce  
 9-11 Computer Training  
**9-11 Manicures**  
 9:30 Zumba (DVD)  
**11:00 Guided Meditation with Elizabeth** **\*\*New\*\***  
 12:00 Lunch  
 1:00 Bingo  
 1:00 Cribbage  
 1:00-4:00 Ping Pong Available  
**1:00 Card Games in Multi-Purpose Room** **\*\*New\*\***

<p>1:30 Therapeutic Fitness <b>**New Time**</b>  <b>1:30 Memory Enhancement Techniques Workshop</b>  <b>2:00-4 Ping Pong Available</b></p>	<p><b>19</b>  9:00 Exercise  9:00-3:00 Massage Therapy  10:30 Tai Chi  <b>10:30 Volunteer Club Meeting</b>  12:00 Lunch  12:30 Ceramics  1:30-2:45 Dancing for Joy  <b>3:00 October Birthday Party sponsored by Water's Edge</b></p>	<p><b>20</b>  9:00 Southwick Zoo Bus Trip  9:30 Bunco  9:30 Zumba (DVD)  12:00 Lunch  12:30 Movie in Socialization Room  <b>12:30 Sing-Along Led By Barbara</b>  12:45-1:45 Blood Pressure Clinic  <b>1:00 Autumn Lake Craft</b>  <b>1:30 Therapeutic Fitness <b>**New Time**</b></b>  <b>2:00-4 Ping Pong Available</b></p>	<p><b>21</b>  9:00-9:45 Exercise  10:00 Scrabble  10:00 Yoga  12:00 Lunch  12:00-1:00 Hearing Screening  12:30 Ceramics  1:00 Bingo  <b>1:00-4:00 Ping Pong Available</b></p>	<p><b>22</b>  9:00-12:00 Mahjong  10:00 Exercise  11:00 Yoga (DVD)  12:00 Lunch  12:30 Cards (Setback)  <b>1-3 FALL CRAFT FAIR—no other afternoon activities</b>  <b>6:00 Medicare Informational Seminar regarding Open Enrollment</b></p>	<p><b>23</b>  <b>9:00 Bocce</b>  9:30 Zumba (DVD)  <b>10:00 Fall Craft with Heidi</b>  <b>11:00 Guided Meditation with Elizabeth <b>**New**</b></b>  12:00 Lunch  1:00 Bingo  1:00 Cribbage  1:00-4:00 Ping Pong Available  <b>1:00 Card Games in Multi-Purpose Room <b>**New**</b></b>  <b>3:00 Senior &amp; Community Center Guided Tour</b></p>
<p>9:00 Exercise  10:30 Tai Chi  12:00 Lunch  12:30 Ceramics  1:30-2:45 Dancing for Joy  <b>2:30 Book Club Meeting</b>  <b>2:30 Baking Class</b></p>	<p><b>26</b>  9:00 Exercise  10:30 Tai Chi  12:00 Lunch  12:30 Ceramics  1:30-2:45 Dancing for Joy  <b>2:30 Book Club Meeting</b>  <b>2:30 Baking Class</b></p>	<p><b>27</b>  9:30 Bunco  9:30 Zumba (DVD)  <b>10:30-2:30 Blue Back Square Bus Trip</b>  12:00 Lunch  12:30 Movie in Socialization Room  12:45—1:45 Blood Pressure Clinic  <b>1:30 Therapeutic Fitness <b>**New Time**</b></b>  <b>2:00 Live With Laura Episode 2 (Don't Miss This!!)</b></p>	<p><b>28</b>  9:00-9:45 Exercise  9:00-2:30 Foot Care  10:00 Scrabble  10:00 Yoga  12:00 Lunch  12:30 Ceramics  1:00 Bingo  1:00-4:00 Ping Pong Available  <b>1:30pm AARP 3394 Executive Board Meeting</b></p>	<p><b>29</b>  9:00-12:00 Mahjong  10:00 Exercise  <b>10:30-2:00 Lyman Orchards/Time Out Tavern Bus Trip</b>  11:00 Yoga (DVD)  12:00 Lunch  12:30 Arthritis Exercise  12:30 Cards (Setback)  1:00 Knitting  2:00 Line Dancing  <b>5:30 Fall Harvest Party with Roast Beef, Live Musical Entertainment and fun Halloween themed games</b></p>	<p><b>30</b>  <b>9:00 Bocce</b>  9:30 Zumba (DVD)  <b>10:30 Health Seminar (Breast Cancer)</b>  <b>11:00 Guided Meditation with Elizabeth <b>**New**</b></b>  12:00 Lunch  1:00 Bingo  1:00 Cribbage  1:00-4:00 Ping Pong Available  <b>1:00 Card Games in Multi-Purpose Room <b>**New**</b></b></p>

Please have your membership card with you whenever using the Senior & Community Center. We will be checking at all of our programs and classes. A current registration form on file is needed to obtain a membership card. If you don't have a card, please fill out a registration form immediately. Thanks for your cooperation.



## October

- 6th**— Foxwoods Casino (9-3:30) \$4
- 13th**— East Side Restaurant (12:30-3) \$3
- 20th**—Southwick Zoo (9-2 \*Leave zoo at 2)  
Lunch on your own \$12 fee is for bus and zoo admission
- 27th**—Blue Back Square (10:30-2:30)\$3
- 29th**—Lyman Orchard Store & Time Out Tavern (10:30-2)\$3

## Bus Trips

### November

- 3rd**— Mohegan Sun (9-3) \$4
- 10th**— Clinton Outlets & Chips Pub (10-3) \$3
- 17th**—Christmas Tree Shop & Cracker Barrel Restaurant (10-3) \$4
- 24th**— IKEA & FishTale (9:30-2:30) \$4

**Bus Sign-ups for the November trips is October 9th at 9:30am. Sign-ups are done by a lottery. Numbers are drawn at 9:30am. Only Middletown Residents who present their membership card and proof of residency or members who are Middletown taxpayers with proof of paid taxes can participate in the bus lottery.**

### Music with Krishna Monday, October 5th at 11am



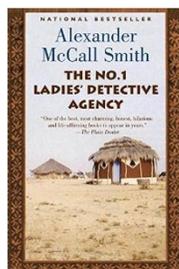
Our member, Krishna Ramirez will share her talent with us by playing the sitar, harmonium, and tabla. The performance should last approximately 1 hour. Come for the fun and stay for lunch. Please make your lunch reservations in advance.

### October Birthday Party Monday, October 19th at 3pm

Celebrating all October Birthdays!! This program is generously sponsored by Water's Edge Center for Health & Rehabilitation. All are Welcome. Please pre-register by 10/16 and let us know if you have an October birthday.



### October Book Club Monday, October 26th at 2:30pm



This month's book is "The No. 1 Ladies Detective Agency" by Alexander McCall Smith. All are welcome to participate. Books are available at the front desk for \$3.

### Pizza & A Movie Monday, October 5th at 1:30pm



This month's movie is "The Age of Adaline" starring Blake Lively, Michiel Huisman, and Harrison Ford about a young woman, born at the turn of the 20th century rendered ageless after an accident. After many solitary years, she meets a man who complicates the eternal life she has settled into. \$2 for the pizza and a movie. and pre-registration is required. Registration closes on 10/2. You must be registered to attend this program.

### Computer Training / Technical Support Friday, October 16th 9am-11am



This free program is sponsored by Vinal Technical High School. Pre-registration is required.

### Manicures Friday, October 16th 9am-11am

Free manicures sponsored by Vinal Technical High School. Pre-registration is required.



Middletown Prime Times  
61 Durant Terrace  
Middletown, CT 06457

Standard Mail

U.S Postage

**PAID**

Permit #38

Middletown

CT 06457

**French Toast Breakfast**  
**Wednesday, October 7th at 9:30am**

Delicious French toast and bacon breakfast. \$2 and pre-registration is required.



Deadline to register is October 5th.



**October 6th**  
**At 2:30pm**

Games such as Jeopardy and Wheel of Fortune will be played. The maximum number of contestants each round is 20. No pre-registration required. Prizes are grocery items.



**Sing-Alongs Led by**  
**Barbara Arafah**

Join Barbara for a fun sing-along on October 20th from 12:30-1:30pm. No pre-registration required. Come socialize, sing and have fun! Sing-Alongs are the third Tuesday of every month.

**Dates:** 10/20, 11/17, 12/15

**Memory Enhancement Techniques**  
**Workshop October 13th at 1:30pm**

**By popular demand, we've added this 2nd class!!**

This workshop includes simple, easy for all to learn memory techniques for remembering numbers, information, grocery lists, recipes, etc. A variety of techniques like mnemonics, the Peg system, the Journey system, the Linked method, and memory by association will be used. Please plan to spend 2 full hours. \$1 and pre-registration is required. Space is limited.